## MILWAUKEE COUNTY



### **MEALS ON WHEELS**



# APRIL

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY		
				Stuffed Green Pepper 1	Seafood Alfredo 2		
	FI Go		dwill	w/Tomato Sauce	Over Penne Pasta		
	gundwill. Industries of Sou		dwill theastern Wisconsin, Inc.	Mashed Red Potatoes	Green Beans		
	MEALS ON			Whole Kernel Corn	Garlic Bread		
				Multi-Grain Bread	Melon Wedge		
	358.		6527	Jello Poke Cake	Snickerdoodle Cookie		
	000		JULI	Fresh Orange	<b>♥</b> Banana		
Swedish Meatballs 5	<b>ELECTION DAY</b>	6	Creole Chicken Breast 7	Italian Sausage 8	Mediterranean 9		
Garlic Mashed Potatoes	Turkey & Gravy		Red Beans & Rice	Marinara Sauce	Baked Cod		
Broccoli/Cauliflower	Dressing		Bahama Vegetables	Hot Veggie Pasta	Potato Casserole		
7-Grain Bread	Mashed Sweet Potato		Fruit Punch	Italian Vegetables	Mediterranean Veggies		
Rice Krispie Treat	Capri Vegetables		Cornbread	Crusty Roll	Marble Rye Bread		
Mandarin Oranges	Cranberry Sauce		Strawberry Yogurt		Fresh Fruit Cup		
	Apple			Chilled Pear Slices			
Grilled Burger 12	Pork Chop Suey	13	Manicotti 14	Oven Fried Chicken 15	Beef Stroganoff 16		
w/Mushrooms & Swiss	w/Oriental Vegetables		w/Tomato Sauce	Baked Sweet Potato	Wide Egg Noodles		
Whole Grain Bun	Seasoned Brown Rice		Romaine Salad	Succotash	w/Butter		
Pickle Slices	✓Orange Juice		w/Dressing	Mixed Greens/Dressing	Crinkle Carrots		
German Potato Salad	Oatmeal Bread		Garlic Bread	w/Cucumber & Tomato	Rye Bread		
Baked Beans	Lemon Bar		Baker's Choice	Baking Powder Biscuit	Fruited Yogurt		
Chilled Apricots	<b>→</b> Pineapple		<b>♥</b> Banana	Apple			
Glazed Ham Steak 19	Roast Beef	20	Chicken Cordon Bleu 21	Boneless Pork Loin 22	Salisbury Steak/Gravy 23		
Au Gratin Potatoes	on Crusty Roll		Wild Rice Blend	with Gravy	Mashed Potatoes		
Country Style Vegetables	Potato Rounds		Broccoli	Quartered Red Potatoes	Stewed Tomatoes		
Multigrain Dinner Roll	Green Beans		Mixed Greens/Ranch	Glazed Whole Carrots	7-Grain Bread		
Cinnamon Applesauce	Oatmeal Raisin Cookie		Whole Grain Dinner Roll	Fruited Muffin	Brownie		
	<b>♥</b> Raisins		Orange	Grapes	Seasonal Fresh Fruit		
Philly Chicken 26	Smothered Pork Chop 2	27	Tuna Salad/Kaiser Roll 28	Cranberry Meatballs 29	BBQ Chicken 30		
w/Swiss Cheese,	Scalloped Potatoes		Lettuce Leaf/Tomato Slices	Buttered Egg Noodles	Leg/Thigh		
Sautéed Peppers & Onions	Wisconsin Vegetables		Sun Chips	Winter Squash	Baked Potato		
on Whole Grain Bun	Applesauce		Fresh Fruit Cup	Spinach Salad/Dressing	Sour Cream		
Baby Baker Potatoes	Rye Dinner Roll		✓Orange Juice	Dinner Roll	Baby Carrots w/Dill		
Chef's Vegetables	Baker's Choice Pie		Chocolate Chip Cookie	Peanut Butter Cookie	Cornbread Muffin		
Fruited Yogurt	<b>♥</b> Lo-Cal Pudding		♥ Sliced Peaches	<b>♥</b> Fruit	Fresh Fruit		

### SAFE FOO SHOPPING GUI

#### STOREWIDE TIPS







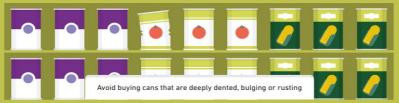
Bring hand sanitizer and use it before sampling foods at the store

If the "sell by" date has passed, don't buy the product

Make sure food packages are free from holes, tears or openings



#### CANNED GOODS



#### Buy these perishable items toward the end of your shopping trip:

#### **MEAT, POULTRY & FISH**



Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

#### **DAIRY & EGGS**



### **FROZEN FOODS**



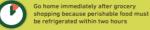
Frozen foods should show no signs of thawing

#### CHECKOUT



When checking out, bag frozen foods together to keep them cold

#### **HEADING HOME**





- If you know you can't go straight home, bring a cooler bag to store the perishable items
- ► Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.



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of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels



by the time on the Refrigerator/Freezer Storage Chart

If a product has a "use by" date, follow that date .....



**SELL BY: 18 JUNE 2020** 

store the last day they should sell that specific package.

The "best if used by" date is the recommended date for best flavor or quality.

The "use by" date is the last date recommended for use of the product at peak quality

## WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER

heavy freezer paper. plastic wrap. freezer bags or foil

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Blanch vegetables before freezing

Date all freezer packages and use th oldest food first

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### KEEP IT SAFE

FROM PURCHASE TO PLATE

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